PROUDLY CELEBRATING 30 YEARS OF DEMOCRACY

1994 - 2024

BETHESDA

2024





MEDICAL & RELIEF SERVICES



BETHESDA MEDICAL AND RELIEF SERVICES

Three visionaries, Reverend Michiel Burger, Reverend Johan van der Merwe, and the late Mr. Gordon Fraser founded Bethesda in 2000, with the idea of making a distinctive difference in people's lives. At the time, the organization started as an extension of the St. Mary's Children Home, and was formally registered as Christian Medical and Relief Services in 2002. The name was changed to Bethesda Medical and Relief Services, in 2013.

The organization developed into a multi-divisional establishment over the years, with a 36-bed Intermediate Care Facility; a Child and Youth Care Centre that provides residential care to 24 orphan and vulnerable children; a Child Development Program, that provides developmental services to 20 children from the surrounding communities; an Integrated Health and Wellness Program; and various support services.



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DECLARATION OF ABBREVIATIONS

APCC - ASSOCIATION OF PALLIATIVE CARE CENTRES

CHW - COMMUNITY HEALTH WORKER

CYCC - CHILD AND YOUTH CARE CENTRE

DOH - DEPARTMENT OF HEALTH

ECD - **EARLY CHILDHOOD DEVELOPMENT**

ICF - INTERMEDIATE CARE FACILITY

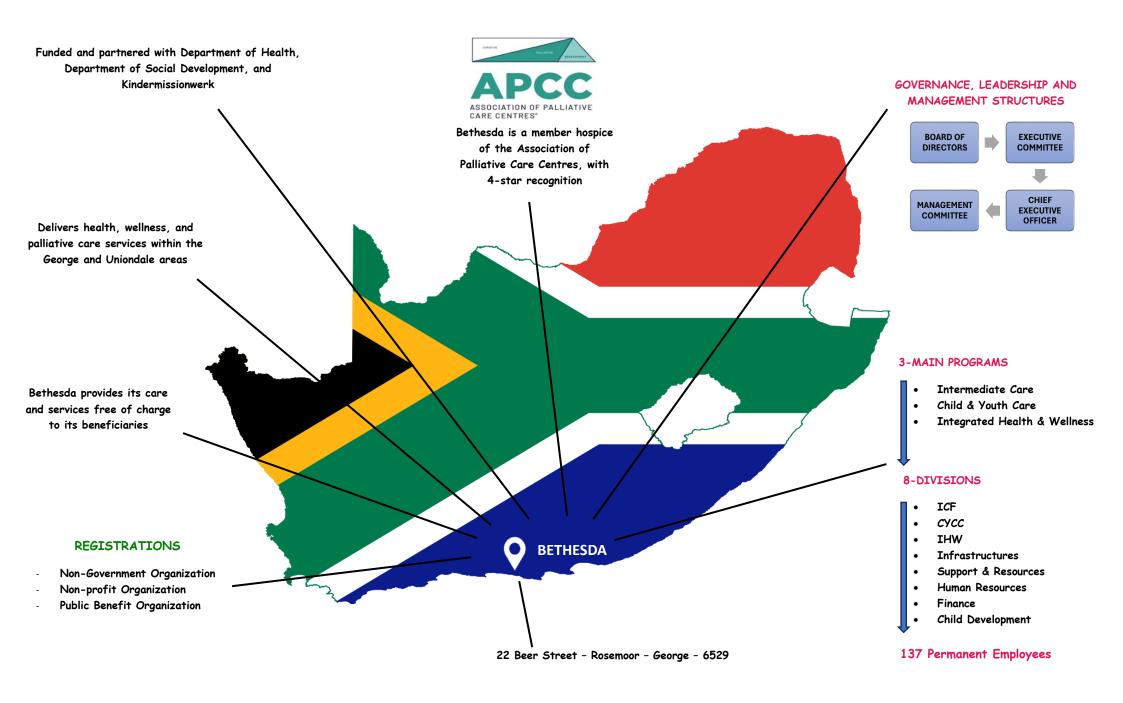
IHW - INTEGRATED HEALTH AND WELLNESS

IOD - INJURY ON DUTY

OVC - ORPHAN AND VULNERABLE CHILDREN

SANCA - SOUTH AFRICAN NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE

TB - TUBERCULOSIS



Bethesda's VISION

Is to provide Holistic, Compassionate and Sustainable care that improves the quality of life





Their MISSION is to -

- always render their care with the Believe that God is their Source
- To function within a sound Value System
- To operate an Intermediate Care Facility that provide holistic and integrated care to adults,
 children and their families
- To operate an Integrated Health and Wellness program that facilitates and promote health and wellness towards self-management in the communities
- To operate a Child and Youth Care Centre that renders therapeutic and development interventions to orphan and vulnerable children and their families





Their **VALUES** are

- INTEGRITY what they say and do are the same
- COMPASSION they act with love and empathy
- RESPECT they are fair and considerate towards each other and their clients
- ➢ BELIEF they trust and are led by God, their Cornerstone



MESSAGE FROM THE CHAIRMAN OF THE BOARD

"A Decade of Service, A Lifetime of Love"

Ten years ago, our journey began, With hearts united, hands to lend, Our first community service day, An empty house, just a shell.

Side by side, we volunteered with glee, Sharing laughter, tears, and memories, Bethesda's spirit shone so bright, Forging bonds that will last through life.

The kids forever in my heart,

Camping together, from childhood to adulthood's start,

Together we served, and in each other's eyes,

Saw compassion, empathy, and heartfelt surprise.

In those moments, our hearts entwined,
A decade's bond, forever aligned,
Through trials and triumphs, we've grown,
Together serving, hearts now known.

Now, reflecting on this decade's flight,
Gratitude overflows, like a warm, golden light,
For service shared, love gained, and memories made,
Bethesda's impact on my life, forever displayed.

Thank you, Bethesda, for this journey we share,
For growth, love, laughter, and memories beyond compare,

Your legacy in me, a treasure to hold, A decade's love, forever to unfold.

MESSAGE FROM THE CEO

Dear Board and Founder Members, Personnel, Partners, and Supporters,

As we gather to reflect on another remarkable year, I am filled with immense gratitude and pride for the progress we've made together. Our journey, as a nonprofit organization, is fuelled by a vision of positive change, and it is because of each of you that we are turning this vision into a reality.

This year has been one of both challenges and triumphs. Yet, through every obstacle, we have seen the strength of our community, the passion of our volunteers, and the dedication of our partners. Together, we have touched countless lives, creating opportunities, fostering hope, and building the foundation for a brighter tomorrow. Our impact is not measured in numbers alone, but in the stories of those we serve—the individuals, families, and communities whose futures are now filled with hope. Every step we take, every milestone we reach, is a testament to the power of collaboration and shared purpose.

None of this would be possible without your unwavering support. Whether you are a donor, a volunteer, or a partner, you are an integral part of our mission. It is your belief in our cause that drives us forward, enabling us to continue this important work.

As we look ahead, we do so with optimism and a renewed sense of purpose. The road may be long, but our resolve is strong, and I have no doubt that together we will continue to achieve extraordinary things. We are not just changing lives—we are shaping the future. Thank you all for being part of this incredible journey. I am excited for what we will accomplish next, hand in hand, as we continue to make a lasting impact.

I also want to take this moment to express my deepest gratitude to our Chairman, Mr Philip Dysel for his unwavering leadership and support throughout the last 10 years. Your guidance as Chairman of the Board has been instrumental in shaping the direction of our organization and advancing our mission.

Your commitment to our cause, combined with your strategic insights, has inspired not only myself but everyone involved in our work. Your ability to navigate challenges and provide thoughtful direction has helped us grow stronger and more resilient in our efforts to serve the community.

On behalf of the entire team, I want to personally thank you for your dedication, passion, and the countless hours you've invested in helping us reach our goals. Your vision has helped us overcome obstacles, seize opportunities, and ensure a brighter future for the people we support.

We are incredibly fortunate to have had you as our chairman, and we look forward to continuing this journey together. Thank you once again for your invaluable contributions and leadership. With sincere appreciation,

Madeleine Meyer

Highlights

- Successfully conducted a Strategic Planning Exercise
- Successfully conducted a Service Oriented Audit



- The father of taxonomy and botanist, Swedish-born Carl Linnaeus, gave the protea (proteaceae) its name in 1735
- Proteas are named after Proteus, son of Poseidon and shapeshifter,
- With over 1500 species, proteas come in different shapes and sizes, from shrubs to tall trees
- The flower appears on South African birth certificates, passports, 5-Rand coin, and the South Africa's cricket team. (https://theculturetrip.com/)



DIVISIONAL REPORTS

	HR & PAYROLL	MARITA SWANEPOEL
	INFRASTRUCTURE	HYRAN MOTHA
	SUPPORT & RESOURCES	WENDELL PIETERSEN
ks -	CHILD DEVELOPMENT	SHARON SYMONS
F	INTERMEDIATE CARE	SR. SHIRLEY LOUW
N. K.	CHILD & YOUTH CARE	MANDY LUCAS
X	INTEGRATED HEALTH AND WELLNESS	LINDI GROBLER
<u>\$</u>	FINANCE	HESTER MASON

Human Resources and Payroll

The HR and Payroll Division consists of the Head of Division and an Administrative Clerk, who is also providing support to the Infrastructure - and the Health and Safety Divisions.

This division is involved with all matters relating to HR and Payroll and the main performance areas are: Support with recruitment and staffing; Maintaining personnel files and ensuring all personnel have employment contracts and job descriptions; Ensuring human resource and labour relations compliance; Support with disciplinary procedures; Verifying attendance registers; Capturing leave forms and reporting on absenteeism; Accurate payroll processing; Volunteers; as well as assistance with injuries on duty.

Challenges: Keeping track of unauthorized absenteeism and ensuring that all leave forms are submitted and captured on the system; Personnel retention – especially in the Integrated Health and Wellness Division.

Positives: Due to the fact that certain vacancies are only advertised internally, we provided permanent employment to 5 relief personnel.

We are delighted to share with you that we have a volunteer - all the way from Germany, who will be staying with us for a year.

Human Resources Statistics

	Tulliali nesources statistics
137	Number of permanent personnel
4	Number of vacancies
10	Average number of relief personnel employed per month
R525 886	Total cost of relief personnel for 11 993 hours worked
20	New appointments
19	Number of terminations: 9 Contracts expired; 7 Disciplinary reasons; and 3 Resignations
9	IODs reported: 7 in IHW and 2 in ICF (6 Cases are due to knee injuries, 1 needle prick and 2 back strains)
4491	Total days absent/on leave by personnel
3120	Annual leave days taken (69.5% of total days)
740	Sick leave days taken (16.5% of total days)
164	Family leave days taken (3.65% of total days)
207	Injury on duty leave days taken (4.6% of total days)
96	Unpaid leave days taken (2.1% of total days)
164	Special or other leave days (3.65% of total days)
55	Service Years: Less than 5 years employed
61	5 – 14 Years employed
21	15 + Years employed (4 Have 20 years' service and 1 has 22 years)





INTERMEDIATE CARE

Last year ended well and, for the first time in many years, we experienced an increase and continuation of our rehab services over the holiday period, as we were able to admit new patients to the specific service. This milestone was achieved through the physiotherapist, occupational therapist, and doctors who made their services available during this period. Their availability improved the bed occupancy of the ICF, and we achieved a 90% for the December 2023 and February 2024 period. Patients from outside of George, who required radiotherapy were also admitted on a regular basis this year and

we saw an increase in the number of Diabetic patients who required regular testing of their blood glucose levels.

According to the results of surveys conducted by the Social Worker, it was found that the overall care and services provided by the facility are satisfactory in nature, and that the patients and their families are pleased with our service standards. Our doctors, in collaboration with some of the specialists from George Hospital, have built a good referral



system for our patients, which is a welcomed aid, both in our administrative and operational functions. The Interdisciplinary Team involved the patient and their family or carer as much as possible in every decision and service aspects, with the aim of enhancing inclusive and informed care and services.

Our social work interventions are directed to satisfy the basic needs of the patient and to ensure continuity of care, before the patient is discharged. This include, but is not limited to, taking the patient to Department of Home Affairs, to apply or collect Identity Documents; taking the patient to Sassa Offices to apply for allowances; assisting patients with affidavits; and opening bank accounts. These interventions also include shopping, paying funeral policies, arranging a cremation for a homeless deceased and helping with funeral arrangements. The Social Worker also facilitates with family counselling, bereavement, and access to grants. The physio students accompany the Social Worker during home visits, to conduct home assessments of rehab patients.

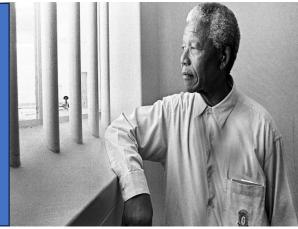
Robben Island is Dutch for "seal island". It was used as a prison during the segregation-era (1961), and many freedom activists including THREE (3) former South African Presidents, Nelson Mandela, Kgalema Motlanthe, and Jacob Zuma were incarcerated there. However, it was also used as a military base in the 19th century during World War Two (1939), as well as a hospital for patients who suffered from leprosy.

Former President Nelson Mandela, who served 18 of his 27 years of imprisonment at Robben Island, was prisoner 466 who entered the island in 1964, hench the number 46664.

Today, Robben Island is a UNESCO World Heritage historic site and a museum. It is also a well-known tourist attraction. There is also a small penguin colony on the island.

South Africans across the country celebrates 67-minutes every year in remembrance of the fight for freedom of former president, Nelson Mandela

Source: (https://www.historyhit.com/locations/robben-island/)



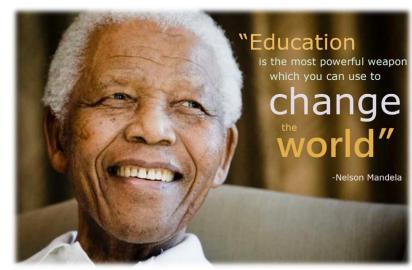
CHILD AND YOUTH CARE

he Child and Youth Care Centre (CYCC) continues to strive in providing holistic

care to the children placed in our care. The CYCC operates with two family homes (House of Grace – accommodates 12 girls and House of Mercy – accommodates 12 boys).

During the past year we had new admissions to the CYCC as well as discharges, as follows:

New admissions: 6 boys and 4 girls



<u>Discharge/Family reunification:</u> 3 boys and 5 girls (3 of the girls were 18 years, of which one has been in the facility since 2014)

We are also currently working towards family reunification of 4 boys and 4 girls by December 2024 (one of the girls is now 18 years)

It must be mentioned that we have seen an increase in family/significant other participation in terms of our children. Previously attendance of Family Conferences, regular visits and general interest was poor, but during the year this has changed, and we are very grateful for this.

Group work continues as part of the program in terms of Life skills; Independent Living; Children's Rights and Responsibilities; Victim Empowerment; Sport and Recreation and Behaviour Modification. The groups are skilfully planned by John Titus (Child and Youth Care Worker) in order to provide optimal input. The Behaviour Modification/reward system has recently been reviewed and Marianka Moran (Social Worker) had a great idea.

We have put together a small "tuck-shop" with a variety of items which the children visit every month and "shop" with their green tokens (these tokens are given if the general behaviour was good).

This idea has proved to be very effective at this stage and the idea is to also teach the children about "saving". Some items are less tokens, while other items "cost" more and if they wish to "buy" a larger item they will need to save their tokens. This method is also implemented in order to give children the opportunity to feel they have a choice in which items they want instead of just giving them items which they maybe don't like or want.

Together with group work each child also receives individual attention by means of their Individual Development Plans. Necessary interventions are identified, and relevant referrals are made in order for each child to receive the input/support they need as an individual.

Group as well as individual therapy sessions also continue and form a large part of the CYCC program. This takes place either internally, presented by an external person/organization and we are very blessed to currently have a Play Therapist on a Volunteer basis who is able to attend to our younger children.

SANCA George implemented a new program this year "I can" (Early Intervention Program) and 10 of our children completed the 8 sessions. We believe this was of great value to the children and they all enjoyed the sessions and also received a certificate.

<u>Education</u> remains a priority and all children in the CYCC attend various schools on a daily basis. We continue to provide extra academic support in general but also with the focus on children who struggle in certain areas. Individual attention is provided to them by either Sharon Symons (Remedial Teacher or a Relief worker). We have seen significant improvement in many of the children's results in the past 3 terms, while others still need more attention.

The highlight of the year for the children when they got to spend the weekend away at Seabreeze near Victoria Bay in March 2024. This Annual Camp is made possible by means of funding from Kindermissionswerk. This event was enjoyed by one and all and was once again a very successful exercise. We also received a very complimentary email from the resort we wish to share:

"I wanted to share a compliment too. More than one of our guests remarked on how impressed they were with your group and the children. You were well organised, in control and children were well-behaved and obedient.

We all see that you do a fantastic job with the children and appreciate the willingness from your side to handle everything it entails to take them on pleasurable outings. Thank you for what you do for them, how you are with them and for the professional manner and respect that you deal with everyone. Thank you also for looking after our units.

You are welcome back here any time. We hope that we will see you again.

Good luck with all the challenges that face you daily. God bless each one of you for what you do for the children and other people at Bethesda who need love and care.

We hope that you enjoyed your stay with us and that the children had fun and a great experience."

One of our girls who is currently completing her 4th year also had the opportunity to attend her Matric Farewell in September. She looked beautiful and we are so proud of her and this achievement.

The Personnel of the CYCC have also taking part in various Training throughout the year and we continue to investigate various opportunities for them.

We are also grateful for many projects and donations we have received in the past year. Our friends, partners and donors play a vital role in helping us achieve our vision and we are humbled by each and every contribution.

The CYCC team is a very dedicated group of individuals who must be commended for their hard work and outstanding part they play in the lives of the children.

CHILD DEVELOPMENT

HIGHLIGHTS

The Milestone 2023 year-end Party and Graduation was a great success, thanks to Outeniqua Primary School's Early Act Club, Help our Preschoolers (HOP), Edmunds Moorby Trust, Up with Downs and all staff and visitors who played a significant role in our celebrations. The Milestone children were very blessed to get new school bags on their first day of the 2024 school year. Connor, a learner at Glenwood House Preparatory School, started a "Backpack Buddy Project" where he collected new and gently used back packs, as well as cash which he then used to buy additional bags for our little ones. The HOP volunteers have also proved to be a valuable asset to us and our program, as they have connected us with other organizations and schools who support our cause. Our need for ramps for children in wheelchairs or buggies was considered by the CEO of HOP, who sourced the materials and labour; the ramp was installed during the second term. Early this year, we also got a surprise visit from one of our little girl's grandmother who brought us chocolates and a bunch of flowers. She felt the need to come and thank us for all that Bethesda had done for them, especially for the food parcel her grandchild received at the year-end function of December 2023. The George Methodist Church, donated clothing, toys, equipment and food parcels to our program, and sponsored 6 of our children who participated in the Holiday Club.

A family meeting was held on the last day of term where issues relating to childcare, transport, attendance, and discipline were discussed. Mrs. Annelie van Niekerk (Social Worker), discussed Child Protection as it was Child Protection month in June.

PERSONNEL DEVELOPMENT

The staff will be doing training from March 2024 to improve their skills in and outside of the classroom environment. This will be done on a termly basis. We started a series of in-service training courses related to ECD, during the first week of the school holidays. This training will continue for the next 3 terms to come.

CHALLENGES

A challenge I am facing at the moment is not being able to assess and support my staff with their daily class activities, as I was able to do previously when Linda (OTT – now working at Harry Comay) took my class for independent living activities, and I was free to sit in and evaluate classes on a monthly basis.

STATS
17
4
3
4
15
5
1

INFRASTRUCTURE

MAINTENANCE / SECURITY / TRANSPORT			
Division / Area	Task / Activity	Completed / Incomplete / Ongoing / Outstanding	
All	General maintenance • Sewage / Baths / Plumbing / Electrical	Ongoing	
SANCA	Repair and Repaint	Completed	
ICF	Install new diesel generator	Completed	
ICF	Structural work for generator	Completed	
Feedem	Treat and repaint floors	Completed	
CYCC	Replace cracked and broken tiles	Completed	
CYCC	Replace Gutters	Completed	
Laundry	Waterproof the roof	Completed	
Laundry	Paint roof	Outstanding	
Laundry	Repair ceiling and paint interior	Outstanding	
Admin	Replace gutters	Completed	
Grounds	Cleaning	Ongoing	
Grounds	Undercover parking for mini busses	Outstanding	
Grounds	Fill parking area with 19mm stone	Outstanding	
Transport	Panel beating work - Chevvy Bakkie	Outstanding	
Transport	Vehicles roadworthy and serviced	Completed	
Transport	Electrical work to Kia Picanto	Completed	
ICF	Install gate to outside storeroom	Completed	
SECURITY	Repair outdoor beams	Completed	

ADDITIONAL INFORMATION

- The organization experienced a few attempted brake-ins during the year, but security measures were improved
- An additional vehicle was purchased to accommodate the constant need for transport, due to operational requirements.

Transport needs and management

- School children
- For medical appointments and clinic visits of CYCC Children.
- All patient (ICF) Transport.
- For IHW/TUTT campaigns, projects and outreaches.
- For donations that require obtaining a trailer.
- Assist ADMIN staff in transportation for purchases.
- Transport Milestone children from Mondays to Thursdays.

All challenges are dealt with in a professional manner and staff in the Department is really doing a wonderful job in taking the responsibility for the upkeep of the entire premisses.

Did you know

- Table Mountain, located in Cape Town, is one of the oldest mountains on the planet.
- The Bloukrans Bridge (Western Cape) is the highest bridge for bungee jumping in the world.
- South Africa is home to the tallest animal in the world, the giraffe
- South African Professor Chris Barnard performed the world's first heart transplant in 1967.

THANK YOU

INTEGRATED HEALTH AND WELLNESS

What happened:

Most of our staff returned by mid-January 2024 and since then we have been back in the full swing of things, with no major incidents, nor any negative events to report.

We've had the following training in the past few months:

- CHW New Curriculum Training George and Uniondale
- TB Sputum Training

It was decided by DOH that our Integrated Health & Wellness CHW start with the TB testing as soon as possible, to assist TUTT that only have 13 CHW's assigned to them. Our TUTT CHW's are allowed to work the whole of the George Sub-District, but this area is too vast to cover, where as our IHW CHW have specific areas assigned to them.

The Integrated Health and Wellness CHW's are testing TB Index patients contacts in the following areas assigned to us: Rosemoor, Conville, Parkdene, Lawaai/Borchard, Waboomskraal, Herold, Ezeljacht, Uniondale, Avontuur and Haarlem, whilst our TUTT CHW's are focusing on outreaches and testing in areas not assigned to our IHW program i.e. Thembalethu, Pacalsdorp, Blanco Touwsranten etc.

Our newly appointed Wellness Sister (Sr. Windvogel) was awarded all the creches in the Conville Cluster (Rosemoor, Conville, Parkdene, Lawaai and Borcherds). Her main duty is but not limited to: Immunisation, Vitamin A and Deworming of all creches going these areas. Furthermore, her duties include family planning, Chronic Health screenings and testing and Papsmears. The TUTT coordinator slotted in with IHW and has been assisting our Wellness Coordinator to service the creches in the aforementioned areas.

Challenges

Being funded by DOH means that proof of what the program delivers need to be given through to DOH by means of stats. These stat requirements and templates have changed numerous times in my almost 6 years that I've been with Bethesda, and mostly these changes entail the workload getting more and the timeframe shortened (where most stats needed to be submitted monthly, a lot of these now have to be done weekly, with more data required to be submitted). Collecting, Verifying and capturing of these stats, takes up huge amounts of time, which mean that sometimes supervision and clinical work, is left behind, as a day only have so many hours.

Additional challenges experienced by the division

- Rainy weather
- Staff vacancies
- Vast distances between recalls and index patients contacts
- Counsellors go out in the field with chw's 2 3 days and is unable to do testing influencing stats

Challenges Resolved

Being able to share my frustration and challenges with my CEO and HOD of Finance, and them hearing my plea, they assisted me with a month-to-month temp Data Capturer which brought a huge relief to our programs, and that I am very grateful for.

- 9 official provinces
- 12 official languages (including Sign Language)
- 3 Capital Cities (Cape Town, Pretoria, and Bloemfontein)
- A citizenship that represents a rainbow nation
- National population of 63.02 million (Stats SA, 2024)
- A Democratic Government with three spheres (National, Provincial, and Local)
- A National Rugby Team (Springboks) which is the only team in the world to have won the World Cup FOUR (4) times.

HEALTH & SAFETY

- Trained 6 staff members in Fire Fighting
- Trained 4 staff members in First Aid Level 1
- Conducted an evacuation exercise

PROJECTS & PROPOSALS

- SASBO donated and installed 2x5m shades for CYCC.
- Request was submitted and granted to Dischem Foundation for extending the monthly donation of R3000 worth of toiletries.
- Easter Project was a huge success, with the help of many groups, individuals, and companies.
- We received many visits and donations from groups, individuals, companies and government institutions on Mandela Day celebrations.
- Collaborated with Knysna Hospice and successfully co-hosted a Neil Diamond show and dinner.
- Received a big donation from Town Lodge in the form of furniture.
- Successfully facilitated a "Winter Clothing Drive" for the CYCC.
- Successfully facilitated a "School Shoes Drive" for the CYCC.
- Submitted a proposal to Airports Company for R27 053.20 awaits feedback.
- We are currently in the process of collaborating with Lead Business Advisory in a Fundraising Initiative for the Milestone Development Program.

SUPPORT SERVICES

- The Laundry Attendant retired in April, after 23 years of dedicated service.
- One of the Support Services Assistants did not renew her employment contract at the end of March 2024.

SPECIAL THANKS TO:

- Town Lodge
- Pine Lodge
- Garden Route District Municipality
- George Municipality
- The Dischem Foundation
- Gracefully Covered
- MDS Collivery.Net
- Marina Brink
- Hoekwil Handcraft Group
- SWD Eagles
- To all of you who prefer to be in the background, and not be mentioned
- And to everyone involved in Bethesda and its operations

AS A NON-PROFIT ORGANIZATION, WITH LIMITED RESOURCES - WE DESPERATELY NEED YOUR SUPPORT!!!

FINANCE

Statement of Income and Expenditure as at 31 March 2024

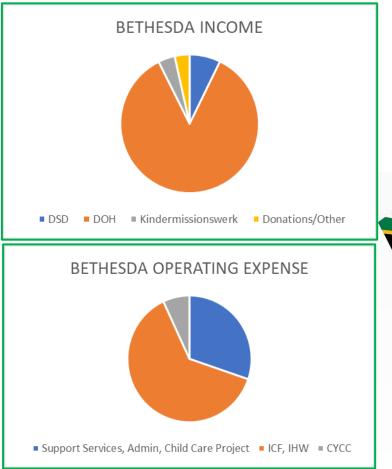
	Figures in Rand	2023/24	2022/2023
INCOME	Department Social Development	1,280,372	1,166,400
	Department of Health	15,135,956	13,281,858
	Other Income	1,309,905	1,005,333
	TOTAL INCOME	17,726,233	15,453,591
OPERATIN	NG EXPENSE		
	Support Services, Administration, Child Project	5,418,355	5,273,382
	Medical Departments: (Intermediate Care		
	Facility & Integrated Health & Wellness Services)	11,273,905	9,521,013
	Child & Youth Care Centre	1,241,576	1,310,135
	TOTAL EXPENSE	17,933,836	16,104,530
	Surplus (deficit) for the year	(207,603)	(650,939)

Deficit as a result of R880,238 depreciation

A special word of thanks to our Government and Corporate Donors: Department of Health, Department of Social Development, Nedbank, Spur, Global Partners in Care (US partner VITAS Innovative Hospice Care of Miami-Dade),

The Chosen Ones, Kindermissionswerk and other regular anonymous donors.

We thank our Auditors, Moore Southern Cape Incorporated, for their service and support.





We close this report with quotes from people around the world, who continued to advocate for freedom and peace until it became a reality

- 1. You cannot separate peace from freedom because no one can be at peace unless he has freedom Malcom X
- 2. The preservation of freedom is not the task of soldiers alone. The whole nation has to be strong Lal Bahadur Shastr
- 3. We face neither East nor West; we face forward Kwame Nkrumah
- 4. The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion Albert Camus
- 5. Freedom is never dear at any price. It is the breath of life. What would a man not pay for living? Mahatma Gandhi
- 6. A nation should not be judged by how it treats its highest citizens but by its lowest ones Nelson Mandela
- 7. The forces that unite us are intrinsic and greater than the superimposed influences that keep us apart Kwame Nkrumah
- 8. Your pride for your country should not come after your country becomes great; your country becomes great because of your pride in it. Idowu Koyenikan
- 9. What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead. Nelson Mandela
- 10. Freedom lies in being bold. Robert Frost
- 11. So long as you do not achieve social liberty, whatever freedom is provided is of no avail to you. Bhimrao Ramji Ambedkar
- 12. To be free is not merely to cast off one's chains but to live in a way that respects and enhances the freedom of others. Nelson Mandela
- 13. Our children may learn about the heroes of the past. Our task is to make ourselves architects of the future. Jomo Kenyatta
- 14. Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed. Martin Luther King Jr.
- 15. The greatest glory in living does not lie in never falling, but in rising every time we fall. Nelson Mandela

(https://briefly·co·za/102404-60-south-africas-freedom-day-quotes-messages-wishes-pictures·html)